

Full Report (All Nutrients) 01061, Cheese, American, nonfat or fat free

Report Date: December 03, 2015 23:20 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 19g
Proximates					
Water	g	65.47	--	--	12.44
Energy	kcal	126	--	--	24
Energy	kJ	529	--	--	101
Protein	g	21.05	--	--	4.00
Total lipid (fat)	g	0.00	--	--	0.00
Ash	g	2.95	--	--	0.56
Carbohydrate, by difference	g	10.53	--	--	2.00
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	5.26	--	--	1.00
Minerals					
Calcium, Ca	mg	789	--	--	150
Iron, Fe	mg	0.00	--	--	0.00
Magnesium, Mg	mg	115	--	--	22
Phosphorus, P	mg	316	--	--	60
Potassium, K	mg	393	--	--	75
Sodium, Na	mg	1316	--	--	250
Zinc, Zn	mg	4.11	--	--	0.78
Copper, Cu	mg	0.559	--	--	0.106
Selenium, Se	µg	14.6	--	--	2.8
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.412	--	--	0.078
Riboflavin	mg	0.545	--	--	0.104

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 19g
Niacin	mg	5.560	--	--	1.056
Vitamin B-6	mg	0.567	--	--	0.108
Folate, total	µg	9	--	--	2
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	2
Folate, DFE	µg	9	--	--	2
Choline, total	mg	38.4	--	--	7.3
Vitamin B-12	µg	1.85	--	--	0.35
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	56	--	--	11
Retinol	µg	55	--	--	10
Carotene, beta	µg	3	--	--	1
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	189	--	--	36
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.27	--	--	0.05
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.0
Vitamin D	IU	5	--	--	1
Vitamin K (phylloquinone)	µg	0.2	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 19g
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	26	--	--	5
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0